

## MEDITERRANEAN DIET FOR DUMMIES%0A

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The Mediterranean diet is based on the traditional foods that people used to eat in countries like Italy and Greece back in 1960. Researchers noted that these people were exceptionally healthy  
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### **Mediterranean diet for heart health Mayo Clinic**

The Mediterranean diet is a way of eating based on the traditional cuisine of countries bordering the Mediterranean Sea. While there is no single definition of the Mediterranean diet, it is typically high in vegetables, fruits, whole grains, beans, nut and seeds, and olive oil.

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### **Mediterranean Diet For Dummies Cheat Sheet dummies**

From Mediterranean Diet For Dummies. By Rachel Berman . Because of the health benefits associated with the Mediterranean diet and the recent studies that have highlighted the diet s ability to reduce heart disease, decrease the risk of some cancers, prevent or mitigate the effects of diabetes, and more, many have embraced the Mediterranean

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